

# The Girls' Handbook 2020 - 2021





FRANCIS HOLLAND SCHOOL  
SLOANE SQUARE

Head Girl's Welcome

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## Welcome to Francis Holland...

Our FHS community is so excited to have you all here, and we welcome you with open arms to our school! Over the next few years of your life, our school will provide you with a safe environment to flourish, learn and reach your full potential!

Although it may seem scary and overwhelming starting a secondary school, not knowing any teachers, girls or expectations, I know that all of you will make so many new friends and the teachers will get to know you very well too. When I first came to FHS, I was really worried on my first day, because I didn't know anyone, however I quickly settled in and found lots of friends! We try to make the transition from your junior school to our school as smooth as possible because we know how daunting it can be! When you first arrive at FHS, you will be given a 'big sister', who is in year 8, and she can help you with pretty much anything you need. Your big sister does fun events with you and usually remain friends with each other throughout your time at FHS - it's really nice to be able to talk to someone not in your year group about anything you want!

Lessons are super fun too, and the teachers try to make them as interesting as possible through exciting and interactive activities. Although being taught a wider range of subjects can be challenging at times, and a step up, the teachers are always willing to give you a hand if you need any help, so don't be afraid to ask!

Another thing that is really amazing about our school is our community spirit. We have so many fun whole school activities throughout the year, such as the house chant battle at Christmas and the staff vs students netball match on the school birthday. At FHS there is always something to do and to keep you occupied. Our school offers a wide range of clubs, from drama and horse riding to animal club and computing, there really is everything! The amazing range of school trips that we have enhances our curiosity and learning too. The most exciting trips for me, have been the end of year expeditions, which are highly anticipated. Every year you go away with your year group and try out new things such as sailing, surfing, horse riding and rock climbing, as well as doing fun games such as capture the flag in a forest at night, and a pirate game sailing on the Norfolk Broads!

I am very much looking forward to meeting you in September and I hope that you are excited about the idea of joining FHS!

Best wishes,

Rosie

Rosie Walsh  
*Head Girl*



## Highlights of our first year at Francis Holland

"I have been at Francis Holland for only two terms and have already settled in and made lots of friends. The teachers and my friends have really made it feel like a second home to me. I love the **range of clubs** from Science and Engineering to Dance Club. Personally my favourite is Gym Club. The teacher who runs it will always help you to achieve a skill that you didn't think you could manage."

"**TIPS (Thinking Innovatively and Problem Solving) Week** is a really good way of meeting new people because they mix up the classes and you learn so many more skills than you would in an everyday school day. I learnt the most from our 'Creativity in English' session with a professional rapper who showed us a different style we'd never done before."

"I have found the **warmth of the teachers** lovely. Because Francis Holland is a fairly small school it enables all the teachers to get to know all the children. What I particularly like is that Mrs Elphinstone or another teacher stands at the door at the end of the day and shakes the hand of every girl."

"At the end of the year we went on a bonding trip to the Isle of Wight for our **Expedition Week**, where we learnt about collaboration and teamwork and became really close as a group. We grew a lot in confidence and being together with our FHS community made it really nice."

"The highlight of my first year at Francis Holland has been the **Fanny Davies Music Competition**. This is because it gives girls at every stage in the school a chance to perform in front of an audience."

"If you are the kind of person who likes **sport** then there are teams for swimming, netball, athletics and many more. If you enjoy music and **drama** then there is a Drama Club, a choir and the School Play for you to take part in."

"I love the **library**, the warm atmosphere and the helpfulness of the librarian as she helps you find a book."

"When you first join the school you will belong to a '**Big Sister Family**', so that you can get to know girls in the year above. There will be someone there for you if you are worried about something or have any questions. We have sport four times a week and the sports include swimming, athletics, netball, gymnastics and hockey. I was part of the netball team playing Goal Attack and I still remember the time we had a match against another school and won 7-0. It was brilliant!"

"My first highlight was going on a school **History Trip** to Battle. I loved it because we spent almost the whole day there and we visited the museum and shop."

I love the animals in the **Animal Club** because they are all really friendly and playful. If you are someone who isn't allowed to have pets at home then it's nice to have a pet you can care for and play with at school. The teacher who runs the club is very helpful and kind and is happy to help when you need it."

*Written by Year 7 pupils*

# Our Favourite Activities



Gym & Dance



Expeditions Week



Choir Trip



Mufti Day



Lion, Witch & The Wardrobe



Field Trips



TIPS Week



Sports Day



Big Sisters



Museum Trips



Horse Riding



KLS

## A Day in the Life of a Year 7 Pupil at Francis Holland

I get to school at 8.05am and usually chat to my friends in the form room or put my trainers on and go to netball squad practice.

Registration is at 8.20am and then we go down to Assembly.

First period today is English and we are studying advertisements and leaflets.

In lessons two and three we have 3D study in Art with Mr Edes. It is exciting making models and acrobats and getting a bit messy.

After that we race to get to the front of the queue at the tuck shop. It gets a bit crowded usually and a teacher looks after the line.

At break time I get changed into my gym kit or sports kit, eat my snack and chat with my friends.

If I feel like it, I know that there are lots of people I can talk to at Francis Holland. I have a 'Big Sister' who is always there to help, as well as the friendly team in the Wellbeing Suite!

In Gym, which is period four, we are working on balance, vaulting and hand-held gymnastic objects, e.g. balls.

We walk up to the next corridor for Chemistry in the fifth and sixth period, where we are studying particles and solids, liquids and gases.

At 12.50pm, the Year 7s run down to lunch; we go in a few minutes before the rest of the school.

After lunch I go to one of my clubs – Orchestra, Choir, Dance Club or Book Club, or I go to the library where I choose a book and slump down on one of the bean bags. Sometimes I go outside to play netball with my friends.

In periods seven and eight I have History, where we are studying medieval towns and villages.

In period nine I have one of my favourite subjects, French. We are learning about how to ask the time.

When the bell rings, I pack my homework bag, run downstairs and get my coat.

Finally Mrs Elphinstone, or one of the senior teachers, shakes my hand at the door and I head home.

# The Year 7 Curriculum

## English

In Year 7 English, you will study a wide variety of texts in class, including classics such as those by William Shakespeare and Charles Dickens, as well as more contemporary novels, poetry and plays. Lots of creative activities will help you to develop better reading, writing, speaking and listening skills. There is plenty of time to explore your own interests in reading: we spend some time in the Library every week, and there is a book club for you to enjoy! There is also an active Year 7 and Year 8 Debating Club that is extremely popular.

## Mathematics

The Maths topics in Year 7 are Number, Algebra, Data Handling, and Shape and Space. The combination of all these basic topics will allow you to develop your manipulation skills, problem solving, and strategic planning to tackle unfamiliar problems. If you are ever feeling lost, maths clinics run twice a week during lunch to help and support you! You will have access to [mymaths.co.uk](http://mymaths.co.uk) to revise at home using virtual lessons too!

## Science

Science in Year 7 involves separate lessons in Biology, Chemistry and Physics which are taught by specialist teachers in well-equipped laboratories. In Biology you will learn about different plants and animals, life processes and the human body. You will also learn to use microscopes and will look at creatures from our school pond. In Chemistry you will study different chemical reactions and carry out experiments which include growing coloured crystals, reacting acids and burning substances. In Physics you will learn about different forces, electrical circuits and how to build them, different energy types and sources and the wonders of the solar system.

## French

Everyone takes French in Year 7 and we have three groups which are not set by ability. Although most girls will have been taught some French, our aim is to encourage everyone, irrespective of their linguistic competence, to enjoy and make progress in the language. Confidence building at this stage is very important and the same emphasis is placed on the four skills of Listening, Reading, Writing and Speaking. By the end of the year you will have acquired sophisticated skills with a thorough understanding of principal structures and a knowledge of relevant vocabulary (Home and Family, Activities, Festivals, Town, School and Food). The work is varied and draws upon a range of resources including a textbook and ICT facilities.

## History

Year 7 History starts with an introductory course called 'What is History?' after which you will investigate the medieval period (before going on to examine later periods of history as you move up the school). You will study a whole range of types of history such as political history (the Norman and Plantagenet monarchs), social history (how people lived and worked), economic history (trade and guilds), religious history (what people believed in), medical history (what they thought about disease and treatments) and cultural history (the Renaissance). Within this context you will learn how to improve your essay writing and develop your source skills.

## Geography

In Year 7 you will be trained to use Ordnance Survey maps and become more familiar with the globe and the atlas. You will then learn about the geography of the British Isles and the UK in particular. Every good geographer should know about rivers and flooding and to add to this topic you will visit a river and carry out fieldwork. Finally, you will learn about populations (how they grow and change over time) and produce a project on an extreme environment.

## Theology and Philosophy

Theology and Philosophy at Francis Holland starts with the big questions that underpin all of our lives: Who are we? Why are we here? Is there a God? What does it mean to be good? As we spend time thinking and talking about these questions in lessons, we learn what answers the great theological and philosophical thinkers have given to them in order for us to develop further our own ideas and beliefs.

## Art

You can explore drawing and painting skills and actively look at a variety of subjects such as organic objects, plants and small still life arrangements. You will also develop your knowledge of colour and brush techniques, line, tone, texture and expression. Observational and analytical skills are the key themes throughout the Year 7 course in Art, so you will also learn the importance of looking at the work of painters from the 19<sup>th</sup> and 20<sup>th</sup> Century.

## 3D Art

The 3D course begins with an introduction to sculpture and its role in society. You will explore designing and making three dimensional structures using a wide range of materials, from recycled household objects, to plaster, wood and wire. You will look at mask design, figurative and plant structures.

## Music

Year 7 Music consists of a mixture of performing, composing, singing and looking at the background to different types of music. You will look at African and Chinese music, the 'Four Seasons' by Vivaldi and some more up-to-date classical music too. Classes are usually practical with written work completed for homework. The emphasis is on having fun!

## Drama

There are many exciting opportunities in Drama. In the Autumn Term you will explore 'Christmas stories' and create your own contemporary piece. Alongside this you can audition for the school play and you can also take Speech and Drama lessons. You can be part of a group choosing to take one of the many categories in the Trinity and Guildhall examinations. The chance to share work at different intervals is an important part of the girls' development and success. In the Spring and Summer Terms you will explore a range of drama genres adapting scenes and taking on the roles of director and performer. These skills are used when the whole school competes in the Play Competition after the summer examination which celebrates the best and most promising work.



## Computing

Apart from getting your own email address and secure storage facility at school, you will create a virtual tour of a house that will be uploaded to the internet. You will learn the basics of presentation, design and animation software, as well as some data analysis. New for this year, the school is teaching Coding as part of the curriculum and you will create a short computer game.

## Physical Education

In the Autumn and Spring Terms, you will have dance, gymnastics, hockey and netball lessons, and athletics and swimming on a half-termly rotation. Athletics and swimming continue throughout the Summer Term, with the addition of cricket, rounders and tennis. There are also extra-curricular clubs in each activity and fixtures against other London schools.

## Latin

You will follow the Cambridge Latin course book 1, looking at Roman life in Pompeii.

## Life Skills

Life Skills is a talking, listening and evaluating subject where you work in your form groups. You will use a mixture of talks, presentations, plays and workshops to discuss some of the issues that you will encounter as you grow up. Within a framework of three key areas ('health and wellbeing', 'relationships' and 'living in the wider world') you will meet a variety of topics such as how to keep well, stay safe and build happy and confident relationships.

## Touch Typing

In your first term you will learn how to touch type, a fantastically useful skill which will enable you to work efficiently and accurately on a computer.

## The Year 8 Curriculum

You will now be taught in ability groups for French and Maths. You will also have a debating lesson each week to develop your critical thinking and public speaking skills. You will also be able to take up an additional language, choosing from German or Spanish.

## TIPS Week

TIPS (Thinking Innovatively and Problem Solving) Week is a festival of creativity for Years 7 and 8, who take part in various workshops that develop transferable life skills, such as collaboration, confidence and communication. From Crime Scene Chemistry and Code Breaking to Rock Song Writing and Film Making, girls are able to express their individuality and develop new interests.

## The Year 9 Curriculum

Year 9 will begin the GCSE options process. During the first two terms there will be several sessions and talks to help you select your GCSE options.

## The Year 10 and 11 Curriculum

The compulsory core of GCSE subjects is English, English Literature, a Modern Foreign Language (from a choice of German, French and Spanish), Mathematics and two Sciences (from a choice of Biology, Chemistry and Physics). You will choose a further three GCSE subjects from a list of options comprising of Art, Classical Civilisation, Classical Greek, Computing, Drama, French, Geography, German, History, Latin, Music, Physical Education, Philosophy and Theology and Spanish. We make every effort to accommodate as many subject combinations as possible. Everyone will have lessons in Life Skills and Physical Education.

## Sixth Form Curriculum

In the Sixth Form you are able to choose from a wide range of A level subjects: Biology, Chemistry, Classical Civilisation, Computer Science, Drama and Theatre, Economics, English Literature, Art and Design, Geography, History, Latin, Mathematics and Further Mathematics, Modern Foreign Languages (French, German and Spanish), Music, Theology and Philosophy, Physics, Psychology, Government and Politics and Cambridge Pre-U History of Art, some of which will be new to you at this stage.

As well as studying for A level in your chosen subjects, sixth formers benefit from a full programme of complementary studies including Physical Education, research studies for the Extended Project Qualification and Personal Social and Health Education (Life Skills), as well as an extremely full enrichment programme. The enrichment programme combines visiting lectures, a choice of electives (such as DIY, innovation sprints and creative writing) and core elements such as first aid, self-defence and financial awareness.

The Life Skills programme covers current affairs and health matters. It also focuses on preparation for Higher Education with sessions on the application process, interviews, finance at university and the gap year.

In Physical Education you can choose from rowing, step aerobics, jazz dance, squash, ice-skating, Zumba, golf and kickboxing as well as traditional team sports like netball and volleyball.

## Destination of Leavers

All of our Sixth Form leavers move on to Higher Education following their chosen path of study either at top UK or international universities (including the US) or at Art, Drama or Music Colleges. Some take a gap year before going to university and embarking on enriching careers.

# Our Favourite Activities



Animal Club



Music



Drama



Debating



Ballet



Pottery



Yoga



Environment



Cricket



Art



Swimming



Mindfulness

## SAMPLE YEAR 7 TIMETABLE 2019-20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>0820</b>			<b>Registration &amp; Assembly</b>	
<b>0900 - 0935</b>	Theology & Philosophy	Mathematics	PSHE	French
<b>0935 - 1010</b>	Mathematics	English	Music	History
<b>1010 - 1025</b>			<b>Break</b>	
<b>1030 - 1105</b>	Geography	History	English	Drama
<b>1105 - 1140</b>	Music	French	PE	Theology & Philosophy
<b>1140 - 1215</b>	PE	Biology	PE	English
<b>1215 - 1250</b>	PE	Chemistry	Physics	Mathematics
<b>1250</b>			<b>Lunch</b>	
<b>1415 - 1450</b>	French	Drama	Geography	Study Skills/Latin
<b>1450 - 1525</b>	Art	Computing	3-D Study	Geography
<b>1525 - 1600</b>	Art	Computing	3-D Study	History
<b>Homework</b>	Theology & Philosophy/ French/ Art	Chemistry/ Mathematics/ History	Physics/ English/ Music	French/ Geography/ English

# SAMPLE TIPS WEEK TIMETABLE

## DAY ONE

	7A + 8A	7B + 8B	7C + 8C	7D + 8D	7E + 8E	7F + 8F
0910-0950		CREATIVITY IN ENGLISH WITH MARK GRIST		GRAPHIC RECORDING	MISSION POSSIBLE WITH JAKE MEYER	
1110-1300	MISSION POSSIBLE WITH JAKE MEYER		SHAMPOO STUDIO		CREATIVITY IN ENGLISH WITH MARK GRIST	
1410-1600	ROCK SONG WRITING	INTERIOR DESIGN	MISSION POSSIBLE WITH JAKE MEYER		MARKET TRADERS	MILLION DOLLARS "R" US

## DAY TWO

	7A + 7B	7C + 7D	7E + 7F	YEAR 8		
0910-0950	DESIGN AND ARCHITECTURE	SEWING CLASS	INTERIOR DESIGN			
1110-1300	STAGE COMBAT	DESIGN AND ARCHITECTURE	JEWELLERY MAKING			FILM MAKING WORKSHOP
1410-1600	SHAMPOO STUDIO	EGGCRAFT CONTROLLER	DESIGN AND ARCHITECTURE			

## DAY THREE

	YEAR 7			8A + 8B	8C + 8D	8E + 8F
0910-0950				KNITTING CLASS	VET SCHOOL: DISSECTION	EGGCRAFT CONTROLLER
1110-1300		FILM MAKING WORKSHOP		ESCAPE ROOM	SHAMPOO STUDIO	INTERIOR DESIGN
1410-1600				INTERIOR DESIGN	SIGN LANGUAGE WITH CITYLIT	SHAMPOO STUDIO

## SAMPLE PE AND GAMES PROGRAMME - AUTUMN 2020

	Before School	Lunch Time	After School
<b>MONDAY</b>	U14 and U15B Netball		Years 7 – 13 Gymnastics Squad South Africa Tour Training Session (PG)
<b>TUESDAY</b>	U12 Netball (Away)	Years 7 and 8 Shooting Clinic (PG)	Years 7 and 8 Horse Riding (Hyde Park)
<b>WEDNESDAY</b>	U18 and U15A Netball	Years 7 – 11 Pilates	
	Years 3 – 10 Fitness and Athletics (BP)	Years 9 and 10 Shooting Clinic (PG)	
<b>THURSDAY</b>	U13 Netball (Home)	Years 7 – 10 Football Club (BP)	Years 7 – 10 Recreational Cricket (PG)
<b>FRIDAY</b>	Years 5 – 13 Swimming Squad (QMSC)	Years 7 and 8 Dance Club	Years 9 – 13 Rowing (FRBC)
	Years 10 – 13 Running Club		



# Francis Holland School KITCHEN

## SAMPLE WEEKLY LUNCH MENU



**MON**

**TUES**

**WED**

**THU**

**FRI**



Cream of leek and potato (Mk)

Chunky Italian minestrone (E,G,Ce)

Indian spiced lentil (G)

French onion (G)

Carrot and coriander (None)

Wholemeal soda bread (G)

Rosemary focaccia (G)

Caraway and chilli bread (G)

Crusty ciabatta (G)

Herb and cherry tomato bread (G)

Penne pasta with a tomato and roasted red pepper sauce, parmesan cheese and basil pesto (E,G)

Farm assured pork Cumberland sausage, onion gravy and caramelised onions (Su,Mk,E,G)

Roast Norfolk turkey breast, homemade parsley stuffing with roast pan gravy (Mk,E,G)

Breaded cod fish fingers with chunky tartare sauce (Mu,Mk,F,E,G)

Portuguese spiced chicken served with a homemade peri peri sauce (Mu,G)

Spicy red pepper and courgette quesadilla with sour cream (Mu,Mk,G)

Chinese sweet and sour stir fried vegetables with egg noodles (So,E,G)

Italian potato gnocchi with a vegetable ratatouille sauce (Mk,E,G)

Moroccan vegetable and chickpea tagine served with apricots and coriander (none)

Mixed roasted pepper wholemeal quiche (Mk,E,G)

Cheesy garlic bread (Mk,G)

Crispy sweet potato wedges ... Steamed broccoli ...

Crunchy roast potatoes ... Sauté carrot ...

Skinny chips ... Baked beans ...

Lemon and coriander cous cous (G) ... Roasted cauliflower ...

Baby gem Caesar salad (Ce,G,E,Mk,Mu,So,Su)

Homemade barbeque baked beans (Ce,G,So,Su)

Roasted cabbage wedge

Roasted broccoli florets

Garlic and thyme tomatoes

Spiced apple and forest berry cobbler (Mk,G)

Steamed jam sponge pudding with custard (Mk,G,E)

Traditional baked pear and chocolate tart and custard (Mk,E,G)

Warm marble cake with crème fraiche (Mk,E,G)

Queen of puddings with custard (So,Mk,E,G)



**ALLERGENS**

Ce = Celery  
L = Lupin  
Cr = Crustacean  
E = Eggs  
F = Fish  
G = Cereals containing Gluten  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Mk = Milk  
Mo = Molluscs  
Mu = Mustard  
Su = Sulphur Dioxide  
N = Nuts

**04<sup>TH</sup> NATIONAL COOKIE DAY**

**08<sup>TH</sup> WORLD VEGAN DAY**

**01<sup>ST</sup> ITALIAN DAY**

**08<sup>TH</sup> WORLD VEGETARIAN DAY**

**01<sup>ST</sup> SOUTH EAST**

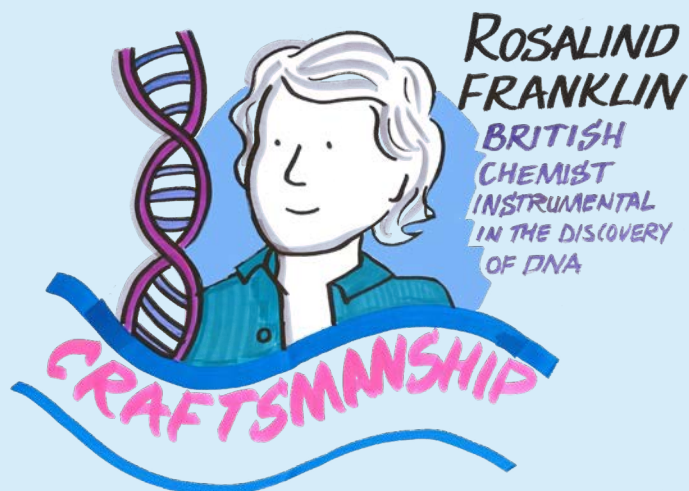
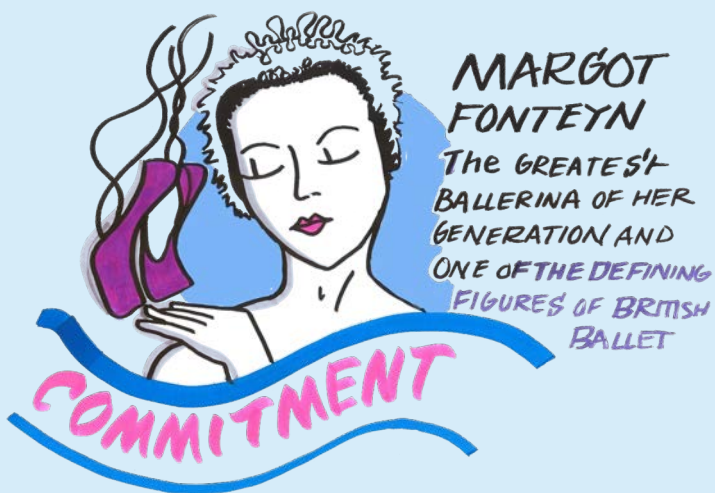
**16<sup>TH</sup> SEPT SOUTH EAST**

**01<sup>ST</sup> SOUTH EAST**

**16<sup>TH</sup> SEPT SOUTH EAST**



**WHAT'S ON**



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We hope you enjoyed our handy guide to life at FHS

Please let us know if you have any questions!

